

**Claims**

1. A method of thermal insulation of a pool, the method comprising the steps of preparing a pool structure, and attaching a layer of thermal insulation material to an interior surface of the pool structure.
2. A method according to claim 1, wherein the step of preparing the pool structure comprises building a new pool structure.
3. A method according to claim 1, wherein the step of preparing the pool structure comprises preparing an existing pool structure, to enable the layer of thermal insulation material to be attached thereto.
4. A method according to claim 2, wherein the step of building the new pool structure includes attaching a further layer of thermal insulation material, said further layer being attached to an exterior surface of the pool structure.
5. A method according to claim 3, wherein the step of preparing the existing pool structure comprises draining the existing pool structure and preparing an interior surface of the existing pool structure for attachment of the layer of thermal insulation material.
6. A method according to any preceding claim, wherein the step of attaching the layer of thermal insulation material to the interior surface of the pool structure comprises applying an adhesive to the layer and/or to the surface.
7. A method according to any preceding claim, wherein the step of attaching the layer of thermal insulation material to the interior surface of the pool structure comprises fastening the layer of thermal insulation to the surface by means of a mechanical fastener.

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8. A method according to any preceding claim, wherein the layer of thermal insulation material comprises an impermeable material.
9. A method according to any preceding claim, wherein the layer of thermal insulation material comprises at least one insulation board.
10. A method according to claim 9, wherein the at least one thermal insulation board is coated on all of its surfaces with a sealant layer.
11. A method according to claim 9 or 10, wherein the at least one insulation board is a phenolic insulation board.
12. A method according to claim 9 or 10, wherein the at least one insulation board is a cellular glass insulation board.
13. A method according to any preceding claim, wherein the step of attaching the layer of thermal insulation material to the internal surface of the pool structure comprises attaching the layer to at least one of a wall or walls and a floor of the pool structure.
14. A method according to claim 13, wherein the step of attaching the layer of thermal insulation material to the internal surface of the pool structure comprises attaching the layer to both the wall or walls and the floor of the pool structure.
15. A method according to any preceding claim, comprising the further step of applying a finish to the layer of thermal insulation material.
16. A method according to claim 15, wherein the step of applying the finish to the layer of thermal insulation material comprises tiling the layer.

17. A method according to claim 15, wherein the step of applying the finish comprises laying a waterproof liner over the layer.
18. A method according to claim 17, including the step of providing the layer of thermal insulation with at least one aperture arranged to permit a liquid between the liner and the layer to escape from the pool structure.
19. A method according to claim 10 or any claim dependent therefrom, wherein the layer of thermal insulation material comprises a plurality of insulation boards and the method includes the step of sliding the edges of neighbouring boards against one another so as to trap a sealant layer between the edges of the plurality of boards.
20. A method according to any preceding claim, further comprising the step of bevelling the upper edges of the layer of thermal insulation material attached to the wall or walls of the pool structure and/or the edges of an aperture formed in the layer of thermal insulation material.
21. A method according to any preceding claim, wherein the pool is a swimming pool.
22. A pool constructed according to any of claims 1 to 21.
23. A pool comprising a pool structure and a layer of thermal insulation material attached to an interior surface of a floor of the pool structure.
24. A pool according to claim 23, further comprising a layer of thermal insulation material attached to an interior surface of a wall or walls of the pool structure.
25. A method of thermal insulation of a pool substantially as hereinbefore described with reference to, and as illustrated in, the accompanying drawings.

26. A pool substantially as hereinbefore described with reference to, and as illustrated in, the accompanying drawings.